Physical Activity Among Students, by Year and Grade, US 2009 and Maine, 2007, 2009, and 2011

Year	High School		Middle School		5th & 6th Grades	
	%	95% CI	%	95% CI	%	95% CI
2007*	43.1	38.0 – 48.4	NA	NA	NA	NA
2009	36.8	35.5 – 38.0	47.7	NA	47.1	NA
2011	43.5	42.2 - 44.9	50.7	NA	51.1	NA
US 2009*	37	35.2 – 38.8	NA	NA	NA	NA

Data Source: Maine Integrated Youth Health Survey (2009-2011), Maine Youth Risk Behavior Survey (2001-2007), US. Youth Risk Behavior Risk Survey (US 2009). Middle school includes 7th and 8th grades.

Based on student report of physical activity for a total of at least 60 minutes per day on at least 5 of the last 7 days (Includes any kind of physical activity that increased their heart rate and made them breathe hard some of the time)

*There are slight differences between methodologies between the Maine Integrated Youth Health Survey and the Maine Youth Risk Behavior Survey, and therefore the data from these difference sources may not be directly comparable.

Based on students who reported being physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey).

All percentages are weighted to be more representative of the population of Maine students and to adjust for non-response.

95% CI = 95% Confidence Interval.

NA = not available